



## Personal Training Richmond

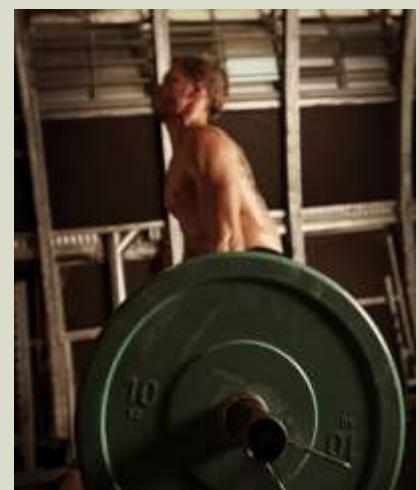
### About

Shockoe Bottom CrossFit is Downtown Richmond, Shockoe Valley, and Church Hill's most dedicated team of Professional trainers and athletes that is transforming the definition of fitness. Our coaches lead classes that combine Olympic and Power style weightlifting, Gymnastics, and Metabolic Conditioning to turn any given person into an athlete and athletes into great athletes!

Who will Benefit from our health and fitness training programs? Quite Simply-EVERYONE! Women and men alike, whether you are out of shape or a prime athlete that needs extra training, we can help you lose weight, gain muscle, become more fit and healthier than you have ever been in your life. We will introduce you to literally hundreds of movements and ingrain them into your muscle memory so you will begin to move efficiently and effectively.

### What is Shockoe Bottom CrossFit

Shockoe Bottom CrossFit is small box facility in Richmond VA. We are extreamly team oriented and have a very close membership base! We offer a mix of classes that fit into anyone's schedule: CrossFit WODs, Fundamentals On Ramp, Striking, Yoga, Personal Training, Strength Conditioning, and Open Gym Time are offered to all members. Members also have access to an interactive profile where they can Track progress, see stats, and sign up for classes.



#### Are all Gyms/coaches the same

The answer to this question is NO. First let me say at Shockoe Bottom CrossFit, our style of working out is NOT dangerous, as some other gyms maybe. You may

have heard stories from friends getting injured in CrossFit, and have let that skew your idea of what this actually entails. This idea has grown because not all CrossFit gyms, and crossfit coaches for that matter, are created equal. CrossFit has become a popular commodity and the problem with that is the door has been opened to many imposters.

## **What is Yoga**

Yoga is a science that has been practiced for more than 5,000 thousand years. It consists of ancient theories, observations and principles about the connection between the body and the mind; which are now being proven by modern medicine.

Hatha yoga is the foundational discipline on which nearly all other styles of yoga are based. In Sanskrit, *ha* represents the sun and *tha* the moon – hence the practice is designed to bring the yin and the yang, light and dark, masculine and feminine aspects and polarities into balance. Essentially, Hatha yoga brings all aspects of life together.

A Hatha class will typically include warm-up stretching, asanas (postures), simple breathing exercises and – perhaps – seated meditation. Hatha yoga classes provide a good starting point for beginners, who can learn basic poses and relaxation techniques; and can also be easily adapted to meet the needs of students with more experience.

The most common response people have to joining a yoga class is, “But, I’m not flexible”; which is precisely why it is a good idea. Yoga improves muscle flexibility and strength, joint mobility, balance and coordination; stimulates detoxification; balances the endocrine system; and increases awareness of the breath. And this is just the short list! For more information on the benefits of yoga:

- Flexibility
- Respiration & Breath Awareness
- Balance
- Body Awareness
- Peace of Mind
- Agility
- Injury Prevention
- Alignment

# Schedule

Note: You can not actually signup for classes on this page, please do that in “My Classes” tab on your profile

Note: If Signed up for a class and either miss that class or cancel within 24 hours of the class that still counts as a used session

Anything labeled “Funds is a beginner level class and the class one should start with when just coming into CrossFit

Classes Labeled Level1 are general crossfit classes and have programmed Olympic Lifting and varied types of movements during WODs

Barbell is a class focused only on strength and is focused on Olympic lifting and associated power Lifts

Mobility class focuses on improving range of motion of all areas of the body to more efficiently lift and condition

Number behind class name indicates spots allowed						
mon	tues	wed	thurs	fri	sat	
6am Level 1, 12	Level 1, 12	Level 1, 12	Level 1, 12	Level 1, 12	9am Mixed Class, 12	
7am Mobility & Barbell 10	Level 1, 12	Open Gym & Barbell 10	Level 1, 12	Mobility & Barbell 10	10am Mixed Class, 12	
8am Funds Intro, 12	Funds Intro, 12	Funds Intro, 12	Funds Intro, 12	Funds Intro, 12	11am Mixed Class, 12	
					12pm Fundamentals	
12pm Level 1, 12	Level 1, 12	Level 1, 12	Level 1, 12	Level 1, 12	12pm Fundamentals	* muscle conditioning or Hand 10 BM ratio for pain free
4pm Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	
5pm Funds Intro, 12	Funds Intro, 12	Funds Intro, 12	Funds Intro, 12	Funds Intro, 12		
6pm Open Gym & Barbell, 10	Level 1 & Funds 8	Level 1, 12	Level 1 & Funds 8	Open Gym & Barbell, 10		
7pm Level 1 & Mobility 8	Level 1, 12	Level 1, 6/ Barbell, 10	Yoga, 12	Level 1 & Mobility 8		

\*Note: Distinct level 2 classes have been removed. Only L1 and L2 distinction for strength will remain. Combined Snatch and Clean weight to BM ratio will determine Strength programming for L1 or L2, otherwise WODs are the same.



For more information please visit

<http://www.shockoebottomcrossfit.com>